



**Malahat  
Health**

# Malahat Health July 2019 Programs Schedule

MON Jul 1	TUE 2	WED 3	THU 4	FRI 5
Canada Day Health Office Closed	8:15am Walking Warriors	Free Produce 9am Dietitian 12pm Elders Meals on Wheels 1pm Dr Eberhard - Regular Hours 5pm Women's Weaving Group	8:15am Walking Warriors 9am Nurse in	Swim Passes Only
8 8:30am Nurse in 8:30am-4:30pm 1:15pm Health Office Closed 1:15-3:15 All Staff M	9 8:15am Walking Warriors 8:30am Nurse in 8:30am-4:30pm	10 Free Produce 9am Dietitian 11am Evening Clinic - Nurse: Cindy 12pm Elders Meals on Wheels 1pm Dr Eberhard - Late Night 5pm Women's Weaving Group	11 8:15am Walking Warriors 9am Nurse in 5pm Men's Wellness Event	12 Good Food Box Cut Off Swim Passes Only
15 8:30am Nurse in 8:30am-4:30pm	16 8:15am Walking Warriors 8:30am Nurse in 8:30am-4:30pm 1pm Toddler Talk	17 Free Produce 8:30am Nurse in 8:30am-4:30pm 9am Dietitian 12pm Elders Meals on Wheels 1pm Dr Eberhard - Regular Hours 5pm Women's Weaving Group	18 Good Food Box Distribution 8:15am Walking Warriors 9am Nurse in	19 Swim Passes Only
22 Patient Travel Not Available 8:30am Nurse in 8:30am-4:30pm	23 8:30am Nurse in 8:30am-4:30pm	24 Free Produce 9am Dietitian 11am Evening Clinic - Nurse: Cindy 12pm Elders Meals on Wheels 1pm Dr Eberhard - Late Night 5pm Women's Weaving Group	25 9am Nurse in 1pm Toddler Talk	26 Swim Passes Only
29 8:30am Nurse in 8:30am-4:30pm	30 8:15am Walking Warriors 8:30am Nurse in 8:30am-4:30pm 2pm Health Fair	31 Free Produce 8:30am Nurse in 8:30am-4:30pm 9am Dietitian 12pm Elders Meals on Wheels 1pm Dr Eberhard - Regular Hours 5pm Women's Weaving Group	Aug 1 8:15am Walking Warriors	2 Swim Passes Only

Please see the following page for further details

**Health Unit Closures:** July 1 – Canada Day, July 8 from 1:15pm-3:15pm for an All Staff Meeting, will reopen after meeting is finished.

COHI: Will resume August/September for Children ages 0-6 years. August Health Calendar will have new dates

**Patient Travel:** Patient Travel drop-off and pick-up will be unavailable the week of July 22nd to 26th.

**Walking Warriors:** Every Tuesday & Thursday. Pick-up begins at 8:15 am. Enjoy a walk through Tinsol Trestle

**Toddler Talk:** Tuesday July 16 & Thursday July 25, Kwunew Kwasun Center, 1pm to 3pm with Cindy & Jessica

**Aquafit:** Aquafit classes do not run through the summer months, Swim Passes are available at the Health Unit, transportation is not provided. Aquafit classes will continue in the Fall.

**Free Produce:** Cowichan Green Community Food Reclamation Project, Free Produce EVERY Wednesday at the Health Unit, please remember to bring your own bags.

**Good Food Box:** Cut off Friday July 12 at 4:00 pm. Please see the Nurse, Doctor or Dietitian to renew your good food box. Elders are not required to do this, automatically confirmed. Delivery will be on Thursday July 18 after 1pm.

**Woman's Weaving Group:** Every Wednesday. Snacks and refreshments provided. Come join us at the KKC with the CHR and Weaving Instructor.

**Elders Meals On Wheels (MOW):** Healthy meals provided for Elders, every Wednesday, delivery at 12pm.

**Doctor:** Is in Every Wednesday 1pm to 4pm

**Extended Clinic Hours:** Wednesday July 10 & Wednesday July 24, Cindy (Nurse) will be in 11am to 7pm on these days, as well the Doctor will be in 1pm to 5pm. Angela will be in office these dates 1pm to 7pm.

**Men's Wellness Event:** July 11, 5pm to 8pm, Come join us for Door Prizes, BBQ & Campfire at the KKC

**Health Fair:** Tuesday July 30, 2pm to 7pm at KKC. Come join us for an afternoon of Health Vendors, Information Booths, Door Prizes & Dinner will be served at 5pm. Transportation for Elders will be provided, please call Malahat Health in advance for pick up.

**Nurse Availability:** Nurse will be in Monday to Wednesday 8:30am-4:30pm, OPEN through lunch, phones will not be answered but Health Unit will be open 12pm-1pm. On Thursdays, Nurse will be in 9am-4pm, Closed during lunch on Thursdays. Nurse will be available by email/phone only on Fridays.

**Dietitian:** In every Wednesday, except the last Wednesday of each month, 9am to 4pm.